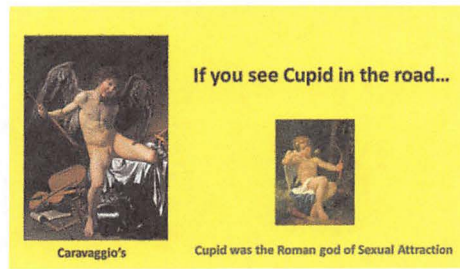


If you see Cupid crossing the road...

Dr. G. Kenneth West

January 4, 2018

Introduction



Here is what I hope to do tonight:

Tonight I will focus on the relatively new (historically speaking) and sometimes shaky practice of allowing Romantic Love to lead individuals to choose a marriage partner. I will attempt to do something that is rarely done in my field of counseling – that is to show how different theorists' views of romantic love actually do relate to each other in helpful ways. This is unusual to do because schools of counseling tend to be like different religions. In doctoral programs professors from different schools of counseling usually teach doctoral disciples who soon believe that their professor's school of thought is totally right and others' theories are off base and less valid. Normally, there are few meaningful interactions among students from the various counseling belief systems. And, it is equally rare to see leaders from different schools of counseling enrich connections among theories that might prove helpful to students representing different schools of thought.

Tonight I will suggest one reason (of course, there can be many) why too many people choose a mate who is a major mismatch either for the life of the marriage or throughout the life

of the couple. I will share what the research of the leading expert of this era suggests are the most challenging mismatches and why these mismatches frequently end marriages. I will make a suggestion marriage and family counselors believe can help people discover any major mismatches before considering marriage. Of course, you can share this suggestion with the young, with your friends and even with your elders who are in an exciting, new relationship – and your advice will undoubtedly be totally ignored. Why? Because Cupid is a powerful but horrible match maker.

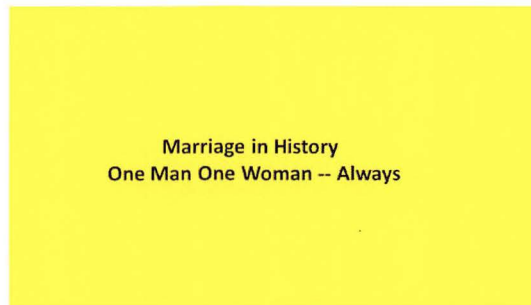
First, I must remind everyone that the concept of marriage is ever changing in history. The Western practice of using romantic love as the primary informant for selecting a marital partner remains a minority method of partner selection in the world. And, it would appear, based on the dramatic changes we've seen in many Western European countries recently, that another significant movement is forming – one that moves away from traditional marriage and toward civil partnerships. France, for example, has in 20 years quadrupled the number of couples who choose to live together, raise children together and create partner relationships without finding marriage vows to be meaningful or necessary. The French and other Western European governments have and continue to change laws in order to support this new movement.

Now, a quick reminder about history and the rest of the world's practices.....

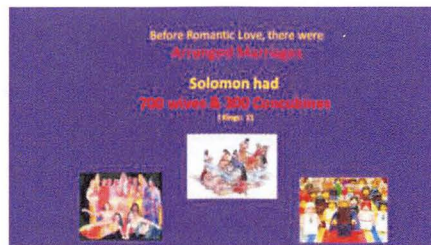
Section 2:

Message to a Neighbor—and Marriage Traditions from Other Nations

We have neighbors who have 12 children and whose goal is to have 20 to follow the example of a famous Christian family on television. The husband believes Liberty University and Thomas Road Baptist Church are too liberal and have deviated from his special view of the bible. When Virginia was voting whether or not to make gay marriage legal, he was outraged. After all, he believes he has a flawless view of history and the bible. Therefore, he created this bumper sticker: “Marriage in History: One Man, One Woman. Always.”



Of course, the problem is that his view of marriage throughout time is simply wrong.



Before the advent of romantic love, the bible speaks frequently of the arranged marriages of kings and leaders. For example in 1 Kings: 11 we learn that Solomon had 700 wives and 300 concubines.

The Blue Mosque and Arranged Marriages

The Blue Mosque



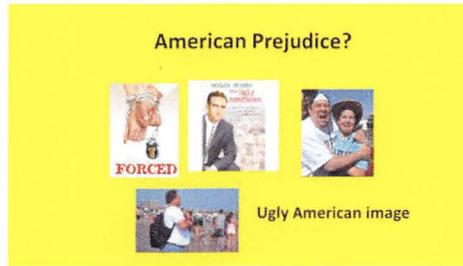
My wife, Patty, was raised for her first 13 years in Izmir, Turkey. Her father Ed Leight was President of Glenn Tobacco Company which supplied Turkish Tobacco for R. J. Reynold's cigarettes. The Leight family then moved to Athens, Greece where Patty lived until she was 18 years of age. Patty never moved to the United States, except to visit during the summers, until she returned home to attend Duke University.

Of course, as most ACC fans will tell you, Duke is a country unto itself much as the Vatican City is to Italy. So maybe she did not become familiar with the real United States until after graduation. (Humor!)

As a result of Patty's years of experience living overseas and her familiarity with many cultures and languages, our family has enjoyed travelling through many parts of the world. One of the most memorable was a trip to Turkey. Our most unfortunate memory as tourists, however, occurred in the Blue Mosque in Istanbul.

Why?

American Prejudice Seen Abroad



When Americans travel overseas regularly, they quickly become aware that many touring Americans have never been exposed to different cultures. And, what they say, frequently too loudly, can embarrass fellow Americans. I will share an example of how an American who lacked a basic knowledge of other countries created quite a scene while we visited the Blue Mosque.

The Blue Mosque



As our family joined a tour through the breath-taking Blue Mosque, our Muslim guide explained that during services the women sat in the balcony of the mosque and the men on the main floor. He then mentioned that marriages in Turkey were mostly arranged.

And, then He Appeared. That Ugly American standing in the front row of our tour group in the Blue Mosque. He yelled, as if greatly offended, “Arranged! You have arranged marriages. That is barbaric!”

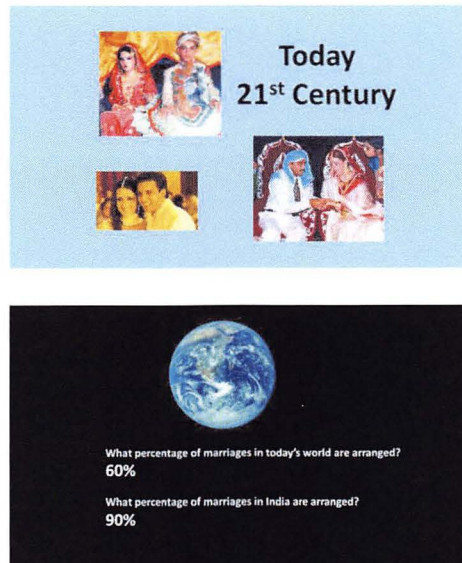
One could see the anger rise in our Muslim guide. He paused, gathered himself and confronted the American tourist.

“And, what is your divorce rate in the United States, Sir?”

“About 50%.”

“Ours is less than 1%. Who are the barbarians?”

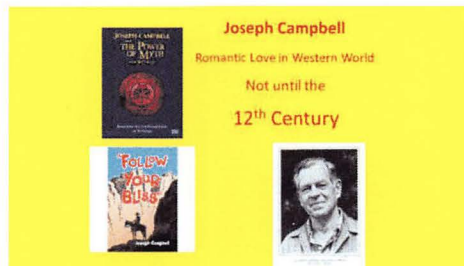
We fellow travelers slowly slithered away when the tour ended.



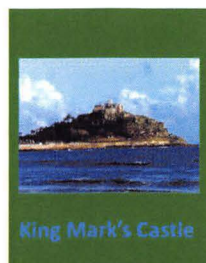
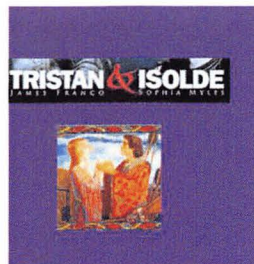
If only the American tourist had known a few facts, maybe he would have made less of an impression on people in the Blue Mosque that summer morning. Maybe he should have learned that early in the 21st century 60% of marriages were arranged – and that remains true in 2019. In countries like India that rate is close to 90%.

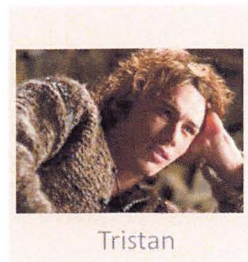
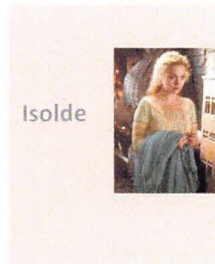
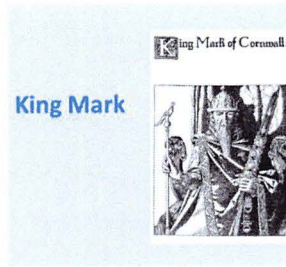
The Advent of Romantic Love – 12th Century

Joseph Campbell from the United States was one of the most influential writers and outstanding philosophers of the 20th century. Among his well-known academic books are *The Power of Myth* and a book that brought a new term to our culture entitled *Follow Your Bliss*.



Joseph Campbell maintains that the first story of romantic love in the Western world was *Tristan & Isolde*. This story was written in the 12th Century and introduced Romantic Love to the Western World. Eventually in the West, romantic love was to become more prevalent than arranged marriages.





The Background

King Mark was engaged to a beautiful young woman named Isolde. She had never met the elderly King Mark, as it was the tradition in an arranged marriage for the bride and groom not to see one another until they officially became husband and wife. On the day of her marriage to King Mark, Isolde was in a room in his castle being taken care of by her beloved maid. Isolde's mother who knew the physical and emotional pain Isolde was about to endure after marrying a man she did not know, created a love potion. After drinking this potion, a person would fall madly in love with the first person he or she saw. Isolde's maid was carefully trained to give the potion to Isolde moments before she would see King Mark.

However, King Mark decided to break the rules. He demanded to see Isolde before the wedding. The king sent his nephew and best soldier, Tristan, to fetch her. At that very moment, of course, Isolde's nurse felt the call of nature and left Isolde alone in the waiting room. Tristan came into the room, saw the love potion and mistook it for wine. He said to Isolde, "Let us drink of the wine to celebrate your upcoming marriage to King Mark." They drank the wine, looked at each other – and fell madly in love.

Joseph Campbell's Version

In a television interview with the exceptional interviewer Bill Moyers, Campbell shared his version of the story of Tristan & Isolde (several versions differ slightly).

JOSEPH CAMPBELL: "Yes. Isolde was engaged to marry King Mark. They had never seen each other. And Tristan was sent over to fetch Isolde to Mark. And Isolde's mother prepares a love potion, so that the two who are to be married will have real love for each other. And these two youngsters, they think the love potion is wine, and they drink it and then they're overtaken with this love. But Brangene, the nurse of Isolde, realized what had happened. She went to Tristan and said, "You have drunk your death." And Tristan said, "If by my death you mean this agony of love, that is my life. If by my death you mean the punishment that we are to suffer if discovered, namely execution, I accept that. And, if by my death you mean eternal punishment in the fires of hell," in which these people believed, "I accept that, too."

BILL MOYERS: "That was quite..."

JOSEPH CAMPBELL: "That's big stuff."

BILL MOYERS: “For a medieval Catholic, because they believed in a literal hell and...”

JOSEPH CAMPBELL: “Well, these people did.”

BILL MOYERS: “Yes. So what’s the significance of what he was saying?”

JOSEPH CAMPBELL: “What he was saying is that this love is bigger even than death, than pain, than anything. This is the affirmation of the pain of life in a big way.”

BILL MOYERS: “And I would choose this pain for love now, even though it might mean everlasting pain and damnation in hell.”

JOSEPH CAMPBELL: “That’s right.”

Romantic Love MY Poem Poster at WF

I recently went through a box of pictures and poems that I had placed on my wall during my college years. One was this poem by Francis William Bourdillon called “The Night Has a Thousand Eyes.”



The Night Has A Thousand Eyes
by Francis William Bourdillon

The night has a thousand eyes,
And the day but one;
Yet the light of the bright world dies
With the dying of the sun.

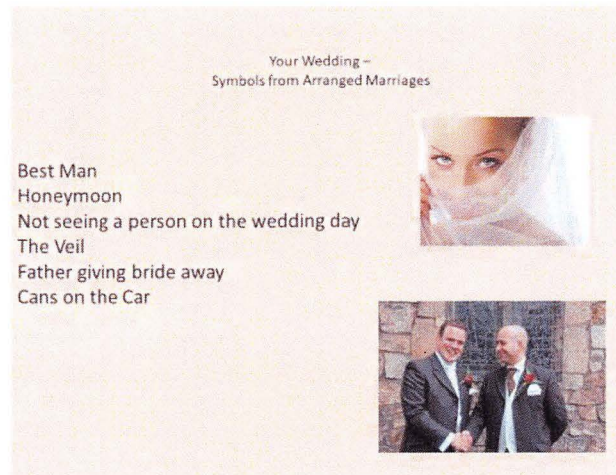
The mind has a thousand eyes,
And the heart but one;
Yet the light of a whole life dies
When love is done.

Romantic love tells us that somewhere there is a person meant for us to marry for eternity. And, we are one-half of a union seeking to complete our world by finding our other half who is also seeking us. When we find each other we become one. It is meant to be.

Transition from Arranged to Romantic Marriage ---

Symbols Still Used Today

Set up Wedding – father, bride, best man,



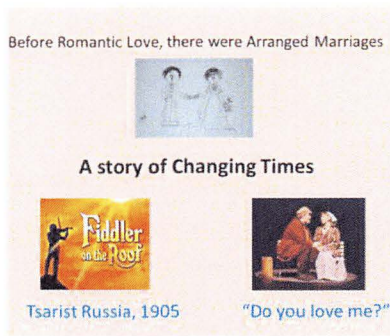
Some researchers believe that in today's marriage ceremonies celebrating romantic love, many of the traditions actually derive from arranged marriages. For example, when a bride wears a veil this is a flashback to the finances involved in many arranged marriages. In the era of Tristan and Isolde the couple, as noted before, was forbidden to see each other until their wedding day. Why? The father most likely had received a dowry from the family of the future husband. To protect his financial arrangement, the daughter wore a veil that was not to be lifted until the marriage ceremony ended. The father didn't want the groom to see the face of his fiancé and yell, "Hell no! I'm not marrying this woman." To protect his investment even more, the father walked beside his daughter to the front of the church to "give the bride away.'

Many scholars believe that other traditions derive from arranged marriages. For example, if a man could not afford a dowry large enough to marry the woman he loved, he would kidnap her. To accomplish this the smitten youth would enlist the help of his best friend who would later be known as “The Best Man” in Western weddings. The youth and the best man would ride to a secret location where the kidnapper would try to impregnate his beloved. This period of time in hiding was called the “Honeymoon.” And, if the man was successful, he would most likely not be killed by the father of his beloved. Why? Because her father would most likely not kill the father of his grandchild.

In another tradition, many trace to the Egyptians the tying on of cans to the back of a newly married couple’s car before it speeds away from the ceremony. In Egypt a father would string together all of the sandals and footwear of his daughter and tie them to the back of the chariot before the couple left the celebration. The symbol from the father meant: “Here are her shoes. Now, all of her bills are yours too.

Fiddler on the roof – celebration of move from arranged to romantic love 20th c.

Most of you have seen the movie or play the “*Fiddler on the Roof*” at least once and maybe more times. This story took place in Imperial Russia in 1905. The parents in the play were raised in a time when arranged marriages were the norm, but their daughter was raised in a new era when marriages based on romantic love began to replace arranged marriages.



One of the most poignant exchanges in the movie came when the father of the bride, Tevye asks his wife Golde if she loves him. That was not a question asked or discussed in arranged marriages. The following exchange takes place:

Lyrics to Do You Love Me?:
 (Tevye)
 'Golde, I have decided to give Perchik permission to become engaged to our daughter, Hodel.'

(Golde)
 'What??? He's poor! He has nothing, absolutely nothing!'

(Tevye)
 'He's a good man, Golde. I like him. And what's more important, Hodel likes him. Hodel loves him. So what can we do? It's a new world... A new world. Love. Golde...'
 Do you love me?

(Golde)
 Do I what?

(Tevye)
 Do you love me?

-
- **PICK SOMEONE TO BE GOLDE**
- Tevye
 “Golde, The first time I met you
 Was on our wedding day
 I was scared.”
- (Golde)
 “I was shy.”
- (Tevye)
 “I was nervous.”
- (Golde)

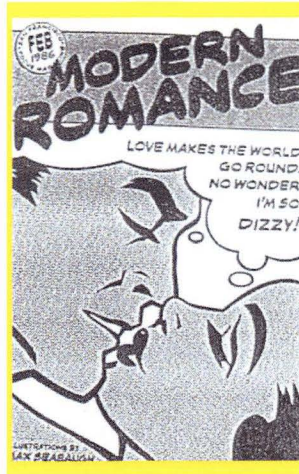
“So was I.”

- (Tevye)
“But my father and my mother
Said we'd learn to love each other.
And now I'm asking, Golde
Do you love me?”
- (Golde)
“I'm your wife.”
- (Tevye)
"I know...
But do you love me?”
- (Golde)
“Do I love him?
For twenty-five years I've lived with him
Fought with him, starved with him
Twenty-five years my bed is his
If that's not love, what is?”
- (Tevye)
“Then you love me?”
- (Golde)
“I suppose I do.”
- (Tevye)
“And I suppose I love you too.”
- (Both)
“It doesn't change a thing
But even so
After twenty-five years
It's nice to know.”

Famous Quotes – Notice Beginning vs. Ending Views

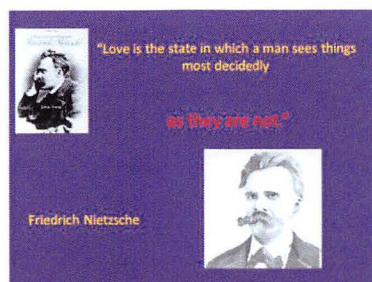
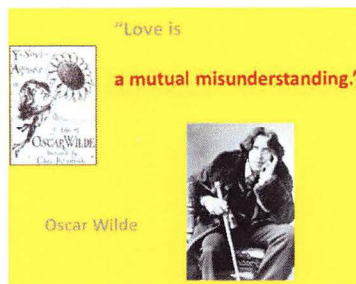
Let's now take a look at quotations, mostly from famous people, that demonstrate the extremely different views and reactions people have to love and to marriage. Notice the

subtle difference in many quotes between how love began beautifully for a couple yet ended poorly.





Famous Quotes: Different views about marriage

Warning: Famous Quotes are a bit like Letters to the Editor





"Love is a temporary insanity curable by marriage."

Ambrose Bierce

"Whether or not you marry: You will be sorry."

Socrates



Marriage is like a cafeteria. You take what looks good, and you pay for it later."







"Polygamy is having one wife too many. Monogamy is the same thing."


Oscar Wilde

"The divagation was being introduced there when it was in the state of a..."

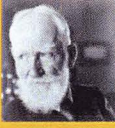
La Rochebeaucourt




George Bernard Shaw
British Dramatist, Author & Socialist
1856-1950

"I began as a passion
and ended as a habit –
like all husbands."



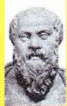
George Bernard Shaw



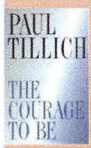
SOCRATES

"By all means marry: if you get a good wife
you'll be happy.
If you get a bad one,
you'll become a philosopher."

Socrates
(attributed to)

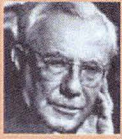


Now let's look at more positive quotes. What would you consider to be the most important duty of love? Here is an answer from the philosopher said to have influenced Dr. Martin Luther King, Jr. the most.



PAUL
TILlich
THE
COURAGE
TO BE

"The first duty of love
is to listen."




Paul Tillich

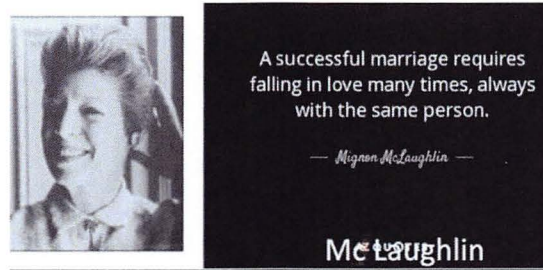
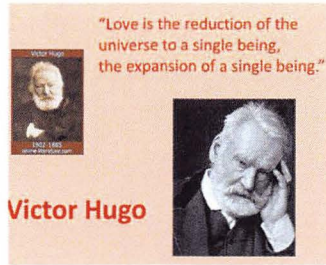


Virgil

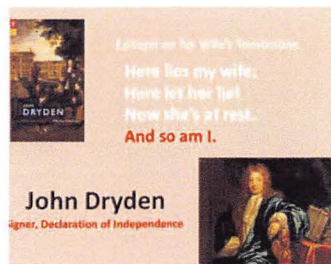
"Love is
The Fire"



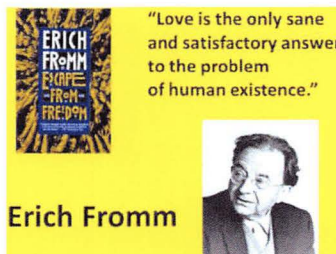
Virgil



Then in Boston, you can find the grave of the wife of John Dryden, one of the signers of the Declaration of Independence.

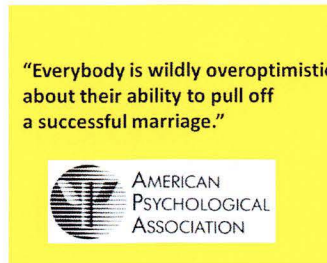


This is my personal favorite quote about love from one of my favorite authors, Erich Fromm.

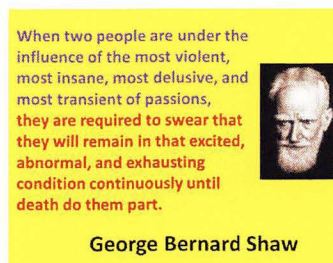


How has Romantic Love Fared in the USA?

The American Psychological Association weighed in about how marriage is doing in the United States. The APA focused first on the misguided beliefs many have when they first marry:



George Bernard Shaw made this observation about couples who exchange the traditional wedding vows.



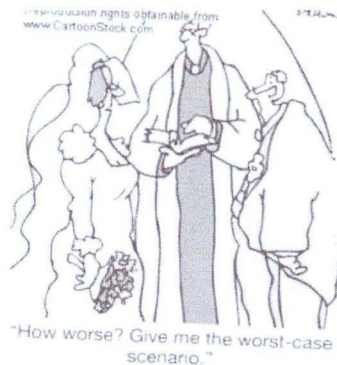
Now let's look at the vows that most people in the Western world are familiar with in the 21st century. What does this traditional "contract" look like? Here is the Presbyterian version of the marriage vows found in The Book of Common Worship that I studied at Princeton Theological Seminary.

**Let's get married:
Presbyterian version
What is expected?**

Read from The Common Book of Worship (Approved by the General Assembly of the Presbyterian Church in the United States of America).

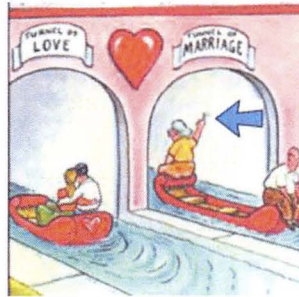
"I take thee to be my wedded husband; And I do promise and covenant; Before God and these witnesses; To be thy loving and faithful wife, In plenty and in want; In joy and in sorrow, In sickness and in health; As long as we both shall live."

Almost no one asks these questions (show cartoon).



How is Romantic Love Doing in USA?

How is romantic love doing
in the United States?



Divorce Rates -- Debated

Estimates of the Divorce Rates (debated)

1st marriages 41%-50%

2nd marriages 60%- 67%

3rd marriages 73%-74%



Although research does not always agree on the numbers, the most frequent research suggests that in the United States:

- That the divorce rate in first marriages is between 41% and 50%.
- The divorce rate for second marriages is between 60% and 67%.
- And, the divorce rate of third marriages is between 73% and 74%.

In Stepfamilies

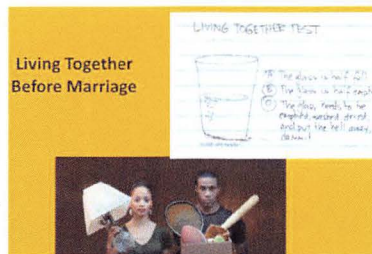
The divorce rate is 65% if one spouse has a stepchild



Stepfamilies Divorce Rates
65% if one has a stepchild
70% if both have a stepchild

The divorce rate is 70% if both have a stepchild

What is the influence of living together before marriage?



Influence of Living Together Before Marriage

What percentage of couples live together before marriage?

60%

If engaged, what is the influence on marriage?

None

If not engaged, what is the influence on marriage?

Less likely to make it 10-15 years (53% don't)

As you can see in the early part of the 21st century approximately 60% of couples live together before marriage.

If they are engaged, then there is no influence on the success rates of marriage.

If they are not engaged, then 53% are less likely to stay married for 10-15 years.

Consumer Lock-in and Cohabitation

**More invested less likely to change;
marriages of convenience**

Women – cohabitation is trial for marriage

Males – too frequently avoiding commitment

Must discuss before moving in together; Don't slide into it.

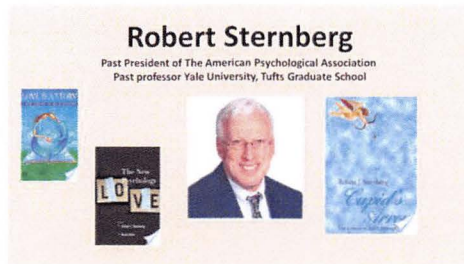
Many researchers believe that the longer couples live together, the more likely they will marry out of convenience. This tendency is called Consumer Lock-in.

Unfortunately, the reason males and females decide to live together before marriage can be different. Women frequently see cohabitation as a trial for how marriage would work out. On the other hand, men frequently see it as a way to avoid commitment.

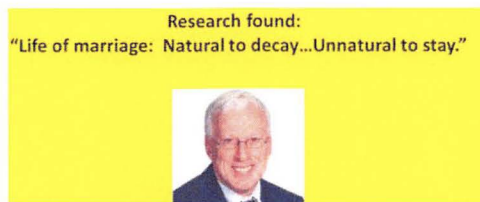
**Of course, not all marriages
that last are alike.**

**And, most marriages
change over time.**

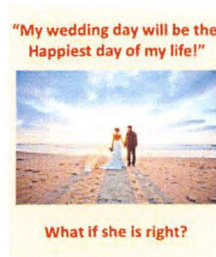
Robert Sternberg



Robert Sternberg is a past president of the American Psychological Association who taught at Yale University for many years. One of Sternberg's interests was researching how marriages changed and/or stayed the same through a life time. Of course, most people in this room have unique experiences with marriage. But Sternberg found one commonality among the majority of marriages he studied:

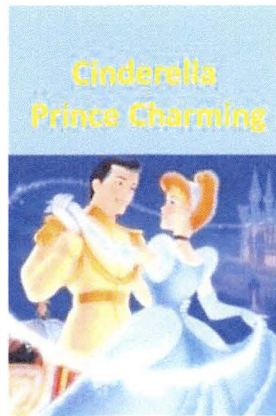


This finding reminds us that the dream many people have that “My wedding day will be the happiest day of my life,” might too frequently become prophetic.”



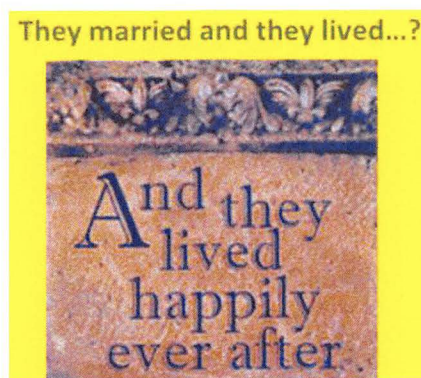
Sternberg might agree with these rewritten Disney fairy tales I will show you. Don't forget that the fairy tales about Cinderella and Snow White end on their wedding day. But what happened to them afterwards?

Who are these two people?



The fairy tale ends on their wedding day – and tells us only that they lived:

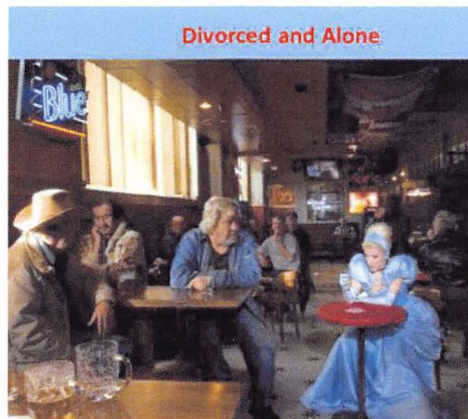
How for the rest of their lives?



But did she? Do you want another view?

But did she? Do you want another view?

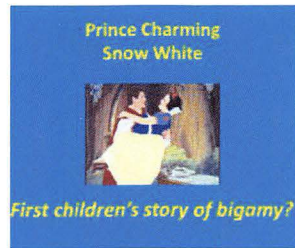
Prince Charming and Cinderella – they married and they lived “happily ever after.” But what if they didn’t?



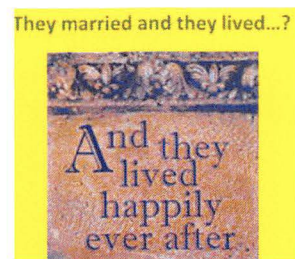
Who is this?



And, Prince Charming and Snow White married (notice this may be the first fairy tale that shows bigamy – isn’t this the same Prince Charming that married Cinderella?)



And, after they married, how did their marriage go according to the original fairy tale?



Do you want another possibility for her future?

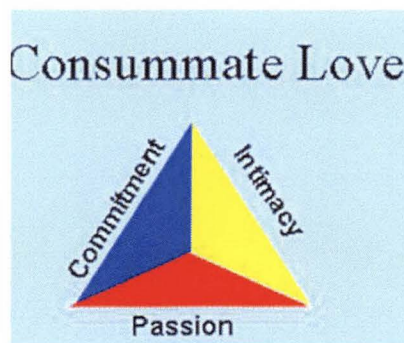
But did she?
Do you want another view?



Sternberg's Triangle Theory of Love

There is good news from Sternberg on the way.

**Good News From Sternberg
on the way**



Sternberg believes that Consummate Love is possible for a lifetime. Theoretically, consummate love leads to the most consistent happiness for couples because all three sides of Sternberg's triangle are present. The three sides Sternberg believes are crucial are passion, intimacy and commitment.

Passion – is physical attraction and involvement that can include the desire to kiss, hug, touch and share sexual intimacy. Frequently, but not always, passion is the first of the three sides to arrive. As time passes, Sternberg found that passion is also the side of the triangle most likely to fade.

Passion: The first to come and the first to go.

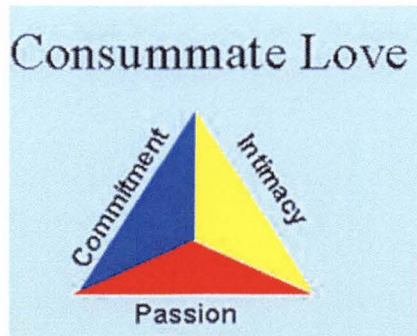


Intimacy

Intimacy develops more slowly. Intimacy creates a feeling of we-ness, a growing desire to become a couple. As time passes this feeling leads couples to share their time, personal histories, dreams, fears, and possessions. Intimacy allows couples to offer emotional support to each other. Usually, intimacy builds slowly over time, and may remain strong after the desire for physical passion reduces.

Commitment

Commitment can be seen in the short term when a couple says to each other: "I love you." In time the couple might commit to dating each other exclusively, then to engagement and marriage. Throughout their marriages most couples privately review their commitment and decide to either renew their commitment or, in some cases, they might decide that commitment for life is no longer possible.

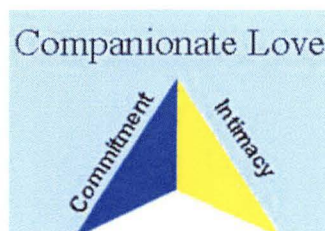


In consummate love all 3 sides are present. Throughout the life of a consummate marriage sides may change in length but they do not disappear. For example, if one member of the couple has a difficult loss of a loved one or job, their need for physical intimacy may reduce but most still need to be touched and/or held by their partner.

About 10% of all couples

Sternberg studied people who kept all three sides of the triangle active for a lifetime. If a relative or colleague confides to someone with a continuous consummate love relationship that they are working on their marriage, the consummate couple might shake their heads in approval but they might not truly understand what working on a marriage means. For them, a good marriage seems to come naturally.

Companionate love – Sternberg

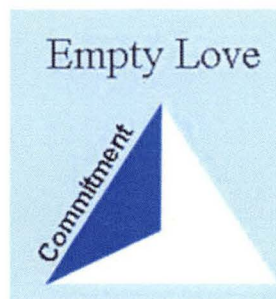


Companionate love is a rewarding, warm type of love that can last a lifetime after passion has faded due to time or health. In companionate love, couples feel close and are committed to each other for a lifetime. They frequently are each other's best friend, and they enjoy spending time together.



As you can see, these couples enjoy each other throughout life, and they frequently share many mutually enjoyed activities.

Sternberg's Empty Love

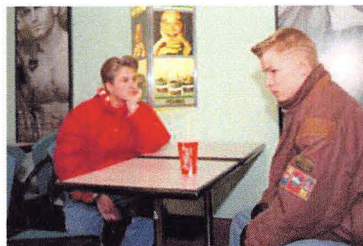
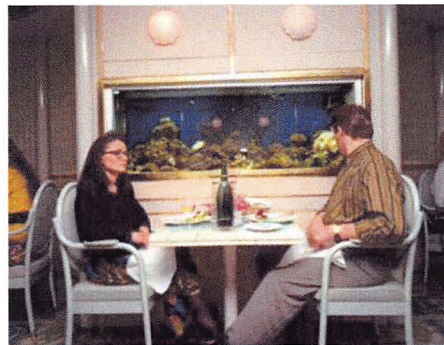


Empty love may be many couples' greatest fear and surprise when it comes to relationships. These couples lose their feeling of intimacy and their physical attraction to each other diminishes or disappears. Partners no longer consider their spouse to be a close friend. As a result, the couple may live parallel lives with minimal interaction. Television or the use of other media can fill their empty hours. Their lack of passion for each other increases a growing

feeling of distance. Why stay committed? Some may stay together because of religious vows or because of a conviction that remaining married would be better for their children. Others may stay together because it seems easier for them to stay married than to divorce. Each couple experiencing empty love has unique reasons for staying together.

Unfortunately, empty love can sometimes be easy to detect.

EMPTY LOVE Here are a few pictures:



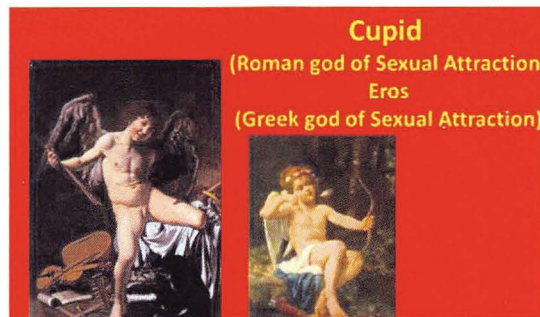
What recommendations might increase the likelihood of having a good match in marriage or a long-term relationship?

What could we recommend to increase the likelihood of having a good match in marriage or long-term relationships?

Don't let Cupid rush you – here is why.

Don't let Cupid rush you – here is why:

Who was Cupid?



He was the Roman god of sexual attraction. The Greek god of sexual attraction was called Eros.

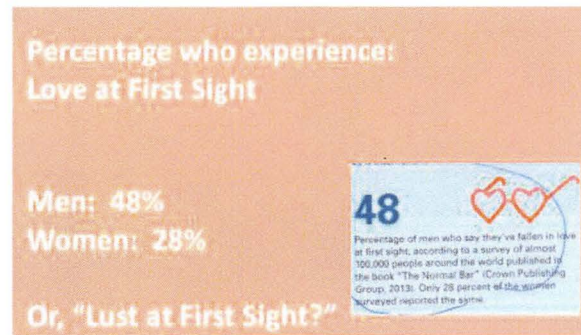
Cupid and Eros ignited what the ancients called: “The longing of the loins for the loins.”

Cupid/Eros The Longing of the Loins for the Loins

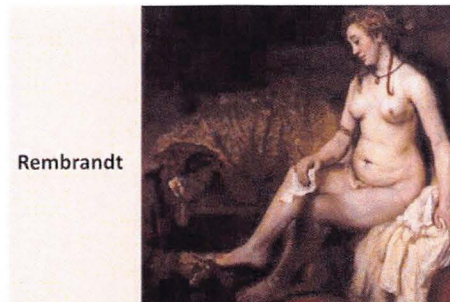


Love (Eros) at First Sight

About 48% of men and 28% of women have felt love at first sight. More appropriately, one might call it “lust at first sight” or “Eros at first sight.”



David and Bathsheba at the Bath



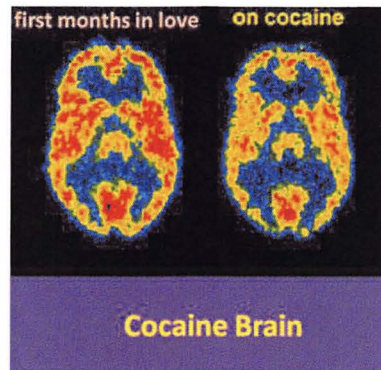
Recently in the Louvre in Paris, my wife Patty and I saw Rembrandt's intriguing painting called *Bathsheba at the Bath*. It was at this bath that King David first saw Bathsheba and fell into Eros with her. Rembrandt's painting shows the viewer what Bathsheba might have looked like to David when he first peered at her at the bath. After he felt an attraction for her, David demanded an audience with Bathsheba. And, the rest of the story you know, how David sends Bathsheba's husband to the front lines to die.

David's Note to Bathsheba



This painting, however, shows Bathsheba immediately after David wrote the message to her demanding that she visit him. In this close up of Bathsheba's hand, Rembrandt shows Bathsheba in the bath with David's order. Rembrandt displays the doubt, dismay and lack of joy Bathsheba felt after reading David's note. David is smitten with lust at first sight. And, this Eros led David to arrange for Bathsheba's husband to be killed freeing Bathsheba for the king to marry.

What happens in the first 12 months of Falling into Eros?



Scientists found that in the first 12 months of romantic love, one is so smitten that the brain actually changes shape. And, what does the brain look like? It looks like a brain on cocaine.

You will recall Nietzsche's famous quote seen earlier, "Love is the state in which lovers see things most decidedly as they are not." Cocaine Brain leads to this enhanced, unrealistic vision of love.

Maybe Wolfgang von Goethe said it best

"That is the true season of love, when we believe that we alone can love, that no one could ever have loved so before us, and that no one will love in the same way after us."

Johann Wolfgang von Goethe



Fueled by **Cocaine Brain** young people in love can become challenging for parents to handle! And worse, many parents recognize this very early stage of love from their own relationships– Cocaine Love. And, through experience they know that the cocaine will soon wear off.



If you have a young person in your home that has cocaine brain, you may have heard them on their phones celebrating the first month anniversary of their first date or their first kiss. Each new month seems to have anniversaries that need to be celebrated, such as the six month celebration of their first date. All remains dream-like while Cocaine Brain is a major influence. Estimates are that Cocaine Brain lasts anywhere from between 12 to 18 months.

**If Cocaine Brain ends after a year,
how might the 13th Anniversary
of first date be different?**

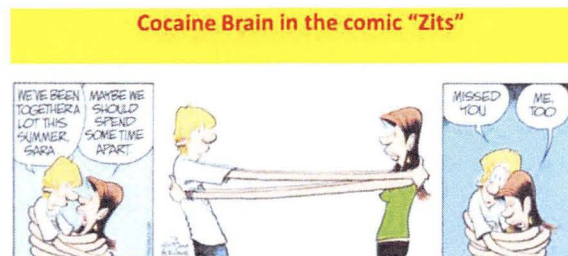
“Do you know what tomorrow is?”

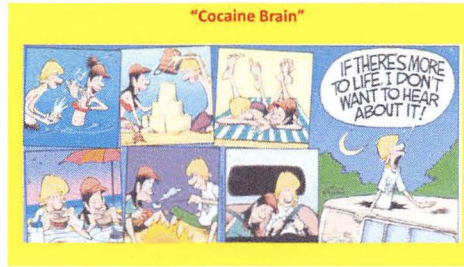
What might happen when Cocaine Brain ends? What might happen if Cocaine Brain ends after 12 months in one partner but continues for the other? The partner still spurred on by Cocaine Brain may once again ask about the anniversary of their first date. “Do you know what

tomorrow is?” But the partner who no longer is influenced by Cocaine Brain may not remember it is the 13th month anniversary. And, if the un-Cocaine Brained partner says, “No. What day is it?” the partner’s feelings may be deeply hurt. A hurt partner might wonder, “What is wrong with him or her?” The answer is “Nothing is wrong. Your partner has just returned to his or her natural state. And, part of that state might include not remembering monthly anniversaries. The good news is that now partners have an opportunity for the first time to experience each other as they normally are. Has enough intimacy built to carry the couple over this first hurdle after Cocaine Brain deserts them?

Zits is a popular cartoon

in our local newspaper. A teen navigates his teen years with parents, a best friend and a new girlfriend. The girlfriend appears to be less dominated by Cocaine Brain than her boyfriend.





In the following article, it appears that a young woman is upset at what she found after her Cocaine Brain wears off and she has an opportunity to see her boyfriend as he really is. Listen to this; “Dear Abby....”



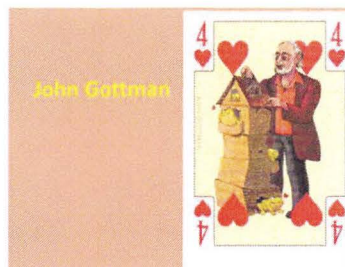
Now for some Good News!

Good News: The divorce rate of college educated people is going down.

John Gottman – Matches and Mismatches

What can one discover when
“Cocaine Brain” ends?

Ask the USA’s leading Marriage Theorist



The leading marital researcher in the first part of the 21st century is Dr. John Gottman. One of the leading marital therapists is his wife Julie Gottman. They both speak to standing room only crowds at the best known counseling convention in the world – one that is held every four years in California.

The Evolution of Psychotherapy features only the leading theorists in their fields. Here is John Gottman’s image in the deck of cards given to each member of the audience. Of course, Gottman could only be a heart.

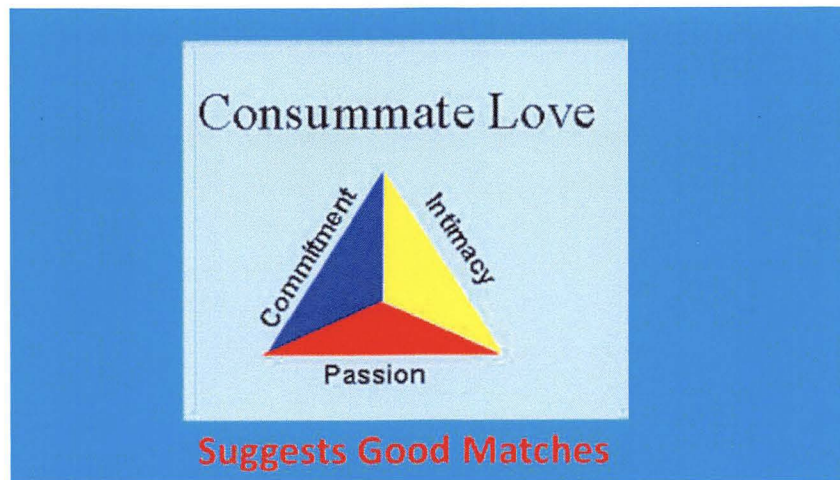
One of the key problems Cocaine Brain fosters is the lack of ability for excited new couples to determine if their relationship is actually a good match or a bad mismatch. The quality or lack of quality of the match is, of course, one of the best predictors for how much work a marriage will require to remain reasonably happy and satisfying.

**Only after Cocaine Brain Ends
can you see:**

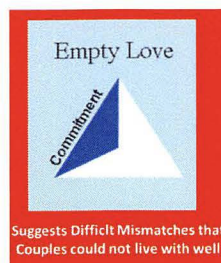
Good Matches and Mismatches

They are both a major predictor of success

Good Matches, Difficult Mismatches



Consummate love for a lifetime suggests the couple's characteristics created a good match.



Empty love usually occurs because the couple experienced too many difficult mismatches for the couple to overcome and live “happily ever after.” Couples who lack problem-solving skills are more at risk.

Opposites Attract



Some “opposites” can be good

For example, a quiet person and a gregarious person might marry. The quiet person is happy to listen and the gregarious person is happy to talk. They may have no complaints about their roles that fit their natural traits well.

When Patty and I were engaged to be married, my doctoral advisor in counseling said, “Ken, what did Patty major in at Duke?” I replied, “She was a math major, and she loves to figure out any type of math or science problem.” His response was: “That is good. You’ll never compete with each other’s strengths.”

Very true. I admire her problem solving abilities, and she appears to enjoy my interest in psychology, counseling and history.

However, some “opposites” can create challenges or mismatches

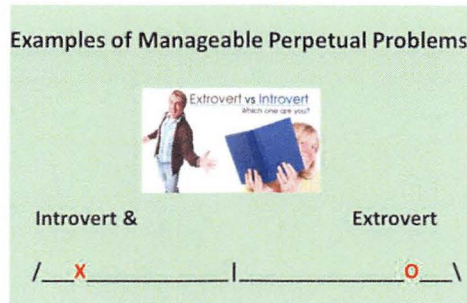
Some “opposites” can create minor or major challenges

Perpetual problems 69% of the time repeated



Perpetual problems are usually based on mismatches of personality. Gottman found that if a couple is taped while discussing their marital challenges and then is taped again four years later, 69% of the discussion about problems will be identical. Because mismatches are generally based on personality traits, they rarely disappear. However, most mismatches are manageable if a couple’s communication skills and ability to compromise are good.

Examples of manageable problems: Introvert/Extrovert



Frequently extroverts and introverts are attracted to each other. But almost always this difference eventually creates some friction. When Friday, Saturday and Sunday roll around, how many nights does the extrovert want to go out? Every night. How many times does the introvert want to go out? Never.

Question: What does an extrovert say after returning from an outing with strangers?

Answer: “That was great; let’s do it again tomorrow!!”

Question: What does an introvert say after returning?

Answer: “I need some time alone to relax and pull myself together. I’m so glad to be home.”

Perpetual Problem: Early vs. Late



Sometimes being perpetually late or early seems to have roots in the family. At other times, it may have roots in the culture. My wife and her siblings were Americans raised in Turkey and Greece for the first 18 years of her life. Patty's father worked with tobacco farmers. Even though the farmers were trying to sell their goods to Mr. Leight, they would consistently arrive hours late. But that was okay, because almost everyone was late for most things. As a result, the Leight family grew up rather relaxed about time.

My father was a minister and professor, and my mother was a teacher. Time was extremely important to them. They needed to arrive early to the church, college or school every work day. Just being on time was a luxury enjoyed by their students and parishioners, not for my parents who were in charge. As a result, I grew up arriving early for every class and appointment.

On our first date, I was invited to join the Leights for dinner. I asked "What time?" Patty thought and said, "About six." What a wonderful coincidence, I thought. My family ate at 6:00 almost every night of my life. Actually, I cannot remember an exception. When I arrived at the house, no one was around. I wandered around and finally saw Mr. Leight working in his vegetable garden. Through the windows I noticed that no one was in the kitchen or anywhere else in the house. Finally, as by accident, Patty looked out and said, "Ken! So glad you're here." I was pleased too, but supper was nowhere on the horizon. It turns out that the entire family gathered around 7:30 to enjoy a glass of wine and talk before dinner. Dinner was served about 9:30. I had a ball, but I felt I had entered another world. That was the latest I had ever eaten in my life. And, I don't really believe I knew anyone ate that late.

As you would guess, throughout our marriage I've always been ready to go to an event ahead of time. Patty has always been ready at a more relaxed time depending on the event. It's never been a traumatic mismatch because we began to talk about arrival times regularly. However, there were times I grew impatient waiting for her. But then Patty became a teacher and supervisor. Her job required her to arrive early. And, through the years, I've learned to be more relaxed – sometimes only arriving on time and not before. Patty is on time or early all of the time for work and other necessities. And, she is on time most of the time for more casual appointments. We moved toward each other. Part of that shift was due to our discussions and planning. And, part was due to the fact we both were working as teachers in the United States.

Sexual Interest/Desire



Differences in sexual interest and desire create another mismatch that can be discussed and compromises can frequently reduce the frustration. Notice that I said “reduce” not “eliminate.” Mismatches in desire will create problems between couples off and on. For example, what if one spouse desires sexual intimacy four days a week and the other wants to be intimate three times a week? That sounds like an easy match. But in any given week if the spouses want to enjoy intimacy on different days of the week, they might feel frustrated every day.

An interesting discovery Gottman found is that the average husband will only make the “request” to have sex once on any given day. And, sometimes that request can be difficult to detect because it might not be direct: “I really like your new shoes. They look great with your slacks.” To the husband this comment might clearly be asking his spouse if she wants to have sex that day. However, that may not be clear at all to his wife. If his spouse doesn’t respond sexually, the husband’s feelings become hurt and he will not ask again that day. Also, if he feels hurt by what he interprets as her lack of interest, he may “go into his shell” and refuse to communicate. Most wives then become mystified as to what in the world could be wrong with their husbands.

Better communications help. In fact, Gottman suggests a technique that allows couples to use a scale from 1 to 10 to show their interest in intimacy on any given day. Now the husband can be direct: “I am a 9 for having sex today, where are you?” His wife can respond, “I am a 10” or “I am a 2 because I am exhausted.” The husband won’t be hurt if his wife isn’t interested because he knows immediately that today is not a good day for her.

Larks vs. Owls



This is a common mismatch. However, once again communications can reduce the friction caused by the mismatch. Larks love the mornings and wake up ready to go. Owls want

to wake up slowly. They're not usually interested in sprightly conversation or lots of interaction until breakfast is over and several cups of coffee have been enjoyed. Larks are ready to go to sleep early; they're exhausted from an entire day of action. However, owls wake up and are ready to be active late into the night. So owls may be gearing up for fun as larks are about to go to sleep for the night. Once again, this is a mismatch that will create challenges. However, with good communications and compromise most couples can minimize the inevitable frustrations this mismatch could cause.

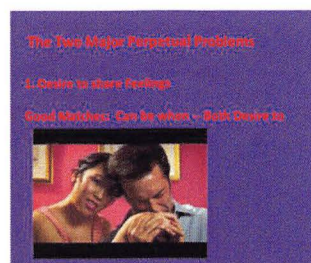
Two Major Mismatches/Perpetual Problems

**Two Major Perpetual Problems (Mismatches)
Gottman Believes These Can End Marriages
If Not Skillfully and Directly Handled.**

First major mismatch:

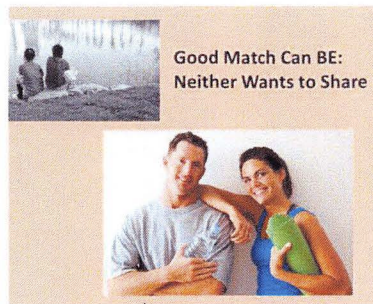
#1 Mismatch: Desire to share feelings.

Good match: Both want to share feelings.



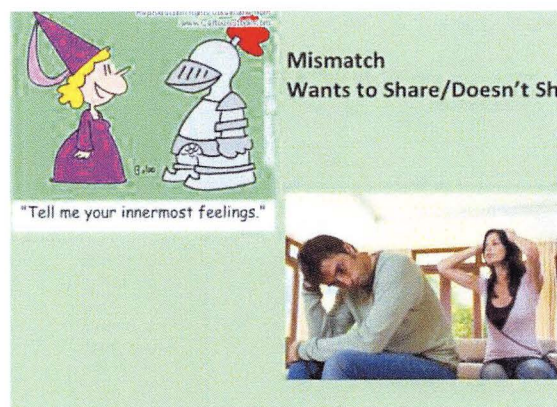
A good match occurs when both partners enjoy sharing feelings and hearing the feelings of their partner. These couples are in a sense made for each other emotionally. Of course, some spouses specialize in one type of emotion, for example hard, soft or fragile emotions. Others share emotions of all type. As long as they are receptive to hearing about their partners' emotions as well as sharing their own, things should go well. They understand each other's need to express feelings.

Good match: neither wants to share



In some cases, neither partner enjoys sharing or hearing emotions. However, they may enjoy many activities together that keep them close and happy with one another.

Mismatches in Emotional Expression



Clearly a severe mismatch occurs when one person wants to discuss feelings and hear a partner's feelings, but the other is "not a feelings person." The feelings-oriented person may begin to think of his or her partner as insensitive and uncaring. The non-feelings person may begin to believe his or her partner is overly emotional and out of control. This mismatch creates frequent frustration that can lead to the conclusion that a partner is too different for marriage to continue.

For Gottman, perpetual problems are based on personality and are very unlikely to change over time. Therefore, marital counseling may be required to help a couple bridge these major mismatches in emotional expression. Without help, many couples will divorce or experience empty love.

Pickles Comic



Second major mismatch: Problem solving styles.

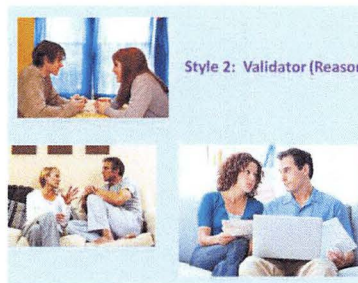
2nd Major Mismatch
Mismatched Problem Solving Styles

1st style Passionate Problem solvers



Passionate problem solvers generally express their emotions immediately and decisively. They are not the type that waits patiently to discuss their feelings in a couple's meeting scheduled later in the week. They want to discuss problems NOW. And, they want their partners to discuss the same problems NOW.

2nd style Validator

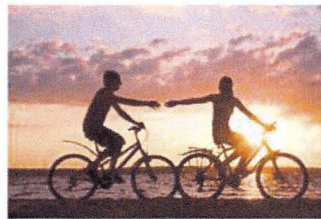


Validators tend to use logic and reason to solve problems. They want to understand what a person is saying and exactly what problems and challenges exist. They are reasonable. And, they tend to solve problems without becoming overly emotional or passionate. Generally, it would not be a problem for a validator to wait several days to discuss problems, as long as that day and time is scheduled and agreed upon.

Couple Meetings and Family Meetings work. Not for Passionate

Third Style: Sidesteppers

Style 3: Sidesteppers



Sidesteppers avoid talking about problems at all costs. They live as if time heals all wounds and everything will eventually work out in the end. Their view is seen in this joke: *An employee calls his boss and says he has a list of concerns that he would like to talk to the boss about. If the boss is a sidestepper, he might look at his calendar and respond: “Never. How is never for you?”*

Sidesteppers really believe talking makes things worse

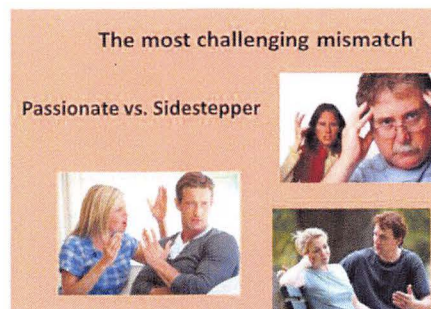
**Really Believe That Talking
Makes Things Worse**

"You get crazy"

Sidesteppers really do believe that talking about problems makes the problems worse.

And, talking makes others overly emotional and out of control.

Biggest Mismatch: Passionate vs. Sidestepper



Of course, the mismatch that Gottman found creates the most difficulties in a relationship is between a passionate problem solver and a sidestepper. The passionate problem solver wants to talk about problems immediately. And, the sidestepper wants no part in that discussion now or later. It is not difficult to imagine the never-ending negative dance this mismatch could create if the couple does not have the skills to deal with the difference or the wisdom to seek help from a professional relationship counselor.

Conclusion:

If you see Cupid crossing the road, slow down, way down. Wait until enough time passes in your new relationship for the “cocaine brain” to wear off. That will allow both parties to see which mismatches the couple has and whether or not they have the skills to handle those mismatches on their own. If not, is the relationship’s future worth seeking counseling? Or, should the couple decide now that living a lifetime with these mismatches is not something they are willing to do.